Stress in childhood may lead to long-term effects on physical and mental health. Researchers will measure participants’ height, weight, and blood pressure. Participants will be asked to provide information about their health and caregivers. As part of the research, participants will complete an interview. They will also answer questions about the information they see these pages as part of the research. All arti-
cles can be accessed online at the University of Pittsburgh’s Online Research Participant Registry.

Stress is a normal part of daily life, and it is necessary for overall health. Stress can be damaging, and learning how to cope with and manage it is necessary for overall health. Stress isn’t something to brush aside or dismiss. UPMC’s Healthy Lifestyle Program (HLP) is a community resource that offers information and education to help people know how to cope with it. For more in-
formation about UPMC’s Healthy Lifestyle Program, call 1-800-533-UPMC (8762) or e-mail Upmcinfo@upmc.edu.

The Healthy Lifestyle Program
The Healthy Lifestyle Program (HLP) is a community resource available to anyone. The HLP can help you learn new ways to manage stress and how to better manage your health. If you have children, you also will benefit from learning more stress-coping strategies. It can help you identify stressors and learn how to cope with them. It can also help you avoid growing stress and allow you to gain coping skills that can be applied to any stressors that you may see these pages each month. These health pages help all of us deal with stress and how it affects our communities. If anyone has any questions about the information on this page, please contact Dr. Rabin directly at 412-268-6124 or e-mail STRESS@upmc.edu.

The Research Participant Registry is a database made up of people who have volunteered to participate in studies conducted by research

The University of Pittsburgh (UPMC) provides readers with health information, resources, and opportunities to participate in research studies for themselves or their children. Its goal is to provide medical research that advances quickly and more directly to those who can benefit from them. Although the registry is a joint effort between the University of Pittsburgh and UPMC, neither you nor your child need be a patient in the UPMC health care system to sign up for the registry. If you sign yourself or your children up for the registry, you will begin to receive a periodic newsletter. This describes new ongoing research and clinical research studies for themselves or their children.

The Healthy Lifestyle Program (HLP) is a community resource that offers information and education to help people know how to cope with it. For more in-
formation about UPMC’s Healthy Lifestyle Program, call 1-800-533-UPMC (8762) or e-mail Upmcinfo@upmc.edu.

The Healthy Lifestyle Program
The Healthy Lifestyle Program (HLP) is a community resource available to anyone. The HLP can help you learn new ways to manage stress and how to better manage your health. If you have children, you also will benefit from learning more stress-coping strategies. It can help you identify stressors and learn how to cope with them. It can also help you avoid growing stress and allow you to gain coping skills that can be applied to any stressors that you may see these pages each month. These health pages help all of us deal with stress and how it affects our communities. If anyone has any questions about the information on this page, please contact Dr. Rabin directly at 412-268-6124 or e-mail STRESS@upmc.edu.

The Research Participant Registry is a database made up of people who have volunteered to participate in studies conducted by research

The University of Pittsburgh (UPMC) provides readers with health information, resources, and opportunities to participate in research studies for themselves or their children. Its goal is to provide medical research that advances quickly and more directly to those who can benefit from them. Although the registry is a joint effort between the University of Pittsburgh and UPMC, neither you nor your child need be a patient in the UPMC health care system to sign up for the registry. If you sign yourself or your children up for the registry, you will begin to receive a periodic newsletter. This describes new ongoing research and clinical research studies for themselves or their children.

The Healthy Lifestyle Program (HLP) is a community resource available to anyone. The HLP can help you learn new ways to manage stress and how to better manage your health. If you have children, you also will benefit from learning more stress-coping strategies. It can help you identify stressors and learn how to cope with them. It can also help you avoid growing stress and allow you to gain coping skills that can be applied to any stressors that you may see these pages each month. These health pages help all of us deal with stress and how it affects our communities. If anyone has any questions about the information on this page, please contact Dr. Rabin directly at 412-268-6124 or e-mail STRESS@upmc.edu.

The Research Participant Registry is a database made up of people who have volunteered to participate in studies conducted by research studies for themselves or their children. Its goal is to provide medical research that advances quickly and more directly to those who can benefit from them. Although the registry is a joint effort between the University of Pittsburgh and UPMC, neither you nor your child need be a patient in the UPMC health care system to sign up for the registry. If you sign yourself or your children up for the registry, you will begin to receive a periodic newsletter. This describes new ongoing research and clinical research studies for themselves or their children.

The Healthy Lifestyle Program (HLP) is a community resource available to anyone. The HLP can help you learn new ways to manage stress and how to better manage your health. If you have children, you also will benefit from learning more stress-coping strategies. It can help you identify stressors and learn how to cope with them. It can also help you avoid growing stress and allow you to gain coping skills that can be applied to any stressors that you may see these pages each month. These health pages help all of us deal with stress and how it affects our communities. If anyone has any questions about the information on this page, please contact Dr. Rabin directly at 412-268-6124 or e-mail STRESS@upmc.edu.

The Research Participant Registry is a database made up of people who have volunteered to participate in studies conducted by research studies for themselves or their children. Its goal is to provide medical research that advances quickly and more directly to those who can benefit from them. Although the registry is a joint effort between the University of Pittsburgh and UPMC, neither you nor your child need be a patient in the UPMC health care system to sign up for the registry. If you sign yourself or your children up for the registry, you will begin to receive a periodic newsletter. This describes new ongoing research and clinical research studies for themselves or their children.

The Healthy Lifestyle Program (HLP) is a community resource available to anyone. The HLP can help you learn new ways to manage stress and how to better manage your health. If you have children, you also will benefit from learning more stress-coping strategies. It can help you identify stressors and learn how to cope with them. It can also help you avoid growing stress and allow you to gain coping skills that can be applied to any stressors that you may see these pages each month. These health pages help all of us deal with stress and how it affects our communities. If anyone has any questions about the information on this page, please contact Dr. Rabin directly at 412-268-6124 or e-mail STRESS@upmc.edu.